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<<Name of Facility Hospital Name>>

Did your doctor request a SPECT/CT exam?

Here's what you need to know before your appointment.

What is a SPECT/CT exam?

A Single Photon Emission Computed Tomography (SPECT)/Computed Tomography (CT) exam is a type of medical imaging that shows functional information and anatomical structures together. The two different types of images are taken during one exam and the pictures are merged together to provide more precise information about how your body is functioning and to identify any problems.

Why is it used?

A SPECT/CT exam is usually ordered to diagnose or find out more about a specific disease state in the body. The SPECT portion of the exam reveals how organs, tissues, or bones are functioning at the cellular level, and the CT portion of the exam provides anatomical information, such as size, shape, and location. Combining these two technologies enables physicians to accurately diagnose and identify various diseases and conditions within the body.

The exam will take approximately 30-60 minutes.

At our facility, we have a Symbia® Intevo SPECT/CT system, which offers a high level of image quality. With our SPECT/CT system, your doctors receive high-quality images that can reveal a more complete picture of your health. As a result, some types of follow-up imaging may not be necessary and, if needed, your doctors may be able to identify an effective treatment for you sooner.

Is it safe?

We are dedicated to the highest levels of patient safety—which is why our healthcare team selected the Symbia Intevo system. All SPECT/CT systems use small amounts of ionizing radiation that pass through your body to create an image. The Symbia Intevo features technology that provides the right low dose for each individual patient while still maintaining the excellent image quality your physicians need.

In addition to a small amount of ionizing radiation, SPECT imaging requires the use of a radioactive tracer called a radiopharmaceutical. Different disease processes will be picked up by specific radiopharmaceuticals, helping doctors identify the issue. Only small amounts of radiopharmaceuticals are used for SPECT/CT imaging. The radiation does not stay in your body for very long. The isotopes used in the radiopharmaceutical often decay within a few hours. If you have additional questions or concerns, please contact your physician.

How do I prepare for my exam?

Every SPECT exam requires a radiopharmaceutical (also known as a biomarker). Confirm with your doctor or nurse if any preparation is required. You should also ask your doctor if you should take routine medications prior to your appointment.

What will happen at my appointment?

You'll be asked to change into a gown and then you will lie down on a patient table. You'll receive an injection of a biomarker to help the radiologist better visualize structures in the body. A small intravenous (IV) line will be placed in your arm.

Once you are on the table, the technologist will help you get into the correct position. The SPECT camera detectors will move closer to your body and rotate around you. The gantry, or patient table, will move slowly. The technologist may ask you to hold your breath, and you'll hear a low whirring sound as the exam takes place. It's very important that you try not to move during the exam.

Please remember to leave metallic jewelry at home, and inform the technologist if you are pregnant or breastfeeding.

When will I receive my results?

After your exam is complete, a radiologist will review it and send a report to your doctor. You should contact your doctor to discuss the results.

Your SPECT/CT Exam Checklist

- ✔ Remove all metal objects, such as a belt or jewelry.
- ✔ Bring images from previous examination (including X-rays) with you.
- ✔ Discuss with your doctor how many hours you will need to fast before the examination.
- ✔ Let your physician know if you have had previous allergic reactions.

Your SPECT/CT appointment is:

_____ at _____

NOTES

<<Healthcare Facility>>

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